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A  
B O O K  
O F  
Fruits & Flowvers.

Leard

SHE WING  
The Nature and Use of them, either  
for Meat or Medicine.

AS ALSO:

To Preserve, Conserve, Candy, and in Wedges,  
or Dry them. To make Powders, Civet bagges,  
all sorts of Sugar-works, turn'd works in Sugar,  
Hollow, or Firrages; and to Pickell them.

*And for Meat.*

To make Pyes, Biscat, Maid Dishes, Marchpanes, Leeches, and Snow, Craknels, Caudels, Cakes, Broths, Fritters, puddings, Tarts, Syrupes, and Sallets.

*For Medicines.*

To make all sorts of Poultisses, and Serecloaths for any member  
swell'd or inflamed, Ointments, Waters for all Wounds, and Cancers, Salves  
for Aches, to take the Ague out of any place Burning or Scalding;  
For the stopping of suddain Bleeding, curing the Piles,  
Ulcers, R: priures, Coughs, Consumptions, and killing of Warts, to dissolve the Stone, killing  
the Ring-worme, Emroids, and Drop-  
sic, Paine in the Ears and Teeth,  
Deafnesse.

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*Contra vim mortis, non est Medicamen in hortis.*

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S. L O N D O N :

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The Nature and History of the

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## Of Lemmons.



Lemmon

*A Lemmon Saller.*

**T**ake Lemmons, rub them upon a Grate, to make their rinds smooth, cut them in halves, take out the meat of them; and boyle them in faire water a good while, changing the water once or twice in the boyling, to take away the bitterneſſe of them, when they are tender take them out and ſcrape away all the meat (if any be left) very cleane, then cut them as thin as you can (to

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make

make them hold) in a long string, or in reasonable short pieces, and lay them in your glasse, and boyling some of the best White-wine vinegar with Sugar, to a reasonable thin Syrupe, powre it upon them into your glasse, and keep them for your use.

### *To Preserve Oranges or Lemmons.*

Take your *Oranges* or *Lemmons*, lay them in water three dayes, and three nightes, to take away their bitternesse, then boyle them in faire water till they be tender, make as much Syrupe for them as will make them swim about the pan, let them not boyle too long therein, for it will make the skins rough, then let them lie all night in the Syrupe, to make them take the Syrupe in the morning, boyle the Syrupe to his thicknesse, and put them in gally pots or glasses, to keepe all the yeare, and this is the best way to Preserve *Oranges*, *Lemmons*, or *Citrons*.

### *To make Past of Lemmons.*

Take halfe a dozen of thick-rined *Lemmons*, cut them through the middlest, and boyle them tender in faire water, then stamp them in a Morter, strayne the juyce or pulp from them, and dry it, and put two pound of Sugar to it, then make it into what fashion you will, on a sheet of white paper, dry it in an Oven, and turne it often for two dayes and two nights, for in that time it will be dry enough; box it thus up, and it will endure all the Yeare.

### *Sweet Bagges to lay amongst Linnen.*

Take *Orris*, *Cypriis*, *Calamus*, *Fusis*, all of them grosse beaten, and *Gallingall* roots, of each a handfull, and as much of the small tops of *Lavender*, dried, and put them into bagges to lay among your cloaths. You may put in a handfull or two of *Damask Rose* leaves dried, which will somewhat better the sent.

### *Medicines made of Lemmons.*

#### *To take away the Spots, or red Pimples of the face.*

Take halfe a pint of raine water, and halfe a pint of good *Vermilion*, seeth it till it be halfe consumed, then whilst it boils fill it up againe with juyce of *Lemmon*, and so let it seeth a pretty while; then take it from the fire, and when it is cold put to it the whites of foure new laid Eggs, well beaten, and with this water anoynt the place often.

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*A very good Medicine for the Stone.*

Make a Posset of a quart of Rhenish wine, a pint of Ale, and a pint of Milke, then take away the curd, and put into the Drink, two handfulls of Sorrell, one handfull of Burnet, and halfe a handfull of Baln, boyle them together a good while, but not too long, least the Drink be too unpleasant, then take of the drink a quarter of a pint, or ra her halfe a pint. at once, at morning, and to bedward, putting therein first two or three spoonfulls of juyce of Lemmons, this is an excellent Medicine for the Stone to the Kidneyes, to dissolve and bring it away. It is very good in these Diseases of the Stone, to use Burnet often in your drink at Meales, and often to steep it in over night, and in the morning put in three or foure spoonfulls of juyce of Lemmons, and to drink thereof a good draught every morning, a week together, about the full of the Moone, three dayes before, and three dayes after.

*To roste a Shoulder of Mutton with Lemmons.*

Take a Shoulder of Mutton halfe roasted, cut off most of the meat thereof, in thin slices, into a faire dish with the gravy thereof, put thereto about the quantity of a pint of claret wine, with a spoonfull or two at most of the best wine-Vinegar, season it with Nutmeggs, and a little Ginger, then pare off the rinds of one or two good Lemmons, and slice them thin into the Mutton, when it is almost well stewed between two dishes, and so let them stew together two or three warmes, when they are enough, put them in a clean dish, and take the Shoulder blade, being well boyled on a grid-iron, and lay it upon your meat, garnishing your dishes with some slices and rinds of the Lemmons, and so serve it.

*To Boyle a Capon with Oranges and Lemmons.*

Take Oranges and Lemmons peeled, and cut them the long way, and if you can, keep your cloves whole, and put them into your best Broth of Mutton or Capon, with Prunes or Currants three or four dayes, and when they have been well sodden, cut whole Pepper, great Mace, a great peice of Saggar, some Rose-water, and either White wine, or Claret wine, and let all these seeth together a while, and serve it upon Sopps with your Capon.

*A Lemmond Sallet.*

Cut out slices of the peece of the Lemmons, long wayes, a quarter

ter of an inch one peice from another, and then slice the Lemmons very thin, and lay them in a dish crosse, and the peeles about the Lemmons, and scrape a good deal of Sugar upon them, and so serve them.

## Of Quinces.

### *The best way to Preserve Quinces.*

**F**irst pare and coare the Quinces, and boyle them in faire water till they be very tender, not covering them, then taking them out of the water, take to every pound of them, two pound of Sugar, and half a pint of water, boyle it to a Syrupe, scumming it well, then put in some of the Jelly that is washed from the Quince kernels, and after that, making it boyle a little, put in your Quinces, boyle them very fast, keeping the holes upward as neer as you can, for feare of breaking, and when they are so tender that you may thrust a rush through them, take them off, and put them up in your glasses, having first saved some Syrupe till it be cold to fill up your glasses.

### *A speciall Remembrance in doing them.*

When you preserve Quinces, or make Marmalade, take the Kernels out of the raw Quinces, and wash off the Jelly that groweth about them, in faire water, then straine the water and Jelly from the kernels, through some fine Cobweb laine, and put the same into the Marmalade, or preserved Quinces, when they are well scum'd, but put not so much into your Quinces, as into the Marmalade, for it will Jelly the Syrupe too much; put six or seven spoonfulls of Syrupe into the Jelly. Before you put it into the Marmalade, you must boyle your Quinces more for Marmalade, then to preserve your Quinces, and least of them when you make your clear Cakes.

When you would preserve your Quinces white, you must not cover them in the boyling, and you must put halfe as much Sugar more for the white, as for the other. When you would have them red, you must cover them in the boyling.

### *To Pickle Quinces.*

Boyle your Quinces that you intend to keep whole and unpared,



in faire water, till they be soft, but not too violently for feare you  
 break them, when they are soft take them out, and boyle some  
 Quinces pared, quarter'd, and cou'd, and the parings of the Quo-  
 ces with them in the same liquor, to make it strong, and when  
 they have boyled a good time, enough to make the liquor of  
 sufficient strength, take out the quartered Quinces and parings,  
 and put the liquor into a pot big enough to receive all the Quo-  
 ces, both whole and quartered, and put them into it, when the  
 liquor is thorow cold, and so keep them for your use close  
 covered.

*To make Quince Cakes.*

Prepare your *Quinces*, and take the just weight of them in *Sugar*, beaten finely, and searcing halfe of it, then of the rest make a *Syr pe*, using the ordinary proportion of a pint of water to a pound of *Sugar*, let your *Quinces* be well beate[n], and when the *Syrpe* is cand height, put in your *Quince*, and boyle it to a p[as]t, keeping it with continuall stirring, then work it up with the beaten *Sugar* which you reserved, and these *Cakes* will tast well of the *Quinces*.

*To make Printed Quindony of Quinces.*

Take two pound of *Quinces*, paired, coared, and cut in small pieces, and put them into a faire posnet, with a quart of faire water, and when they are boyled tender, put into them one pound of *Sugar* clarified, with halfe a pint of faire water, let them boyle till all the fruit fall to the bottom of the posnet, then let the liquid substance run through a faire linnen cloath into a clea[n] bason, then put it into a posnet, and let it boyle till it come to a jellie, then Print it in your Mould, and turne it into your boxes. You shall know when it is ready to Print, by rouling it on the back of a Spoon.

*Of Roses.**To make sweet Bagges to lay linnen in.*

Take *Damask Rose* buds, pluck them, and dry the leaves in the shadow, the tops of *Lavender* flowers, sweet *Margerum*, and *Basil*, of each a handfull, all dried and mingled with the *Rose* leaves, take also of *Benjamin*, *Soyar*, *Galingall* roots, and *Iris* or *Oris* roots, twice as much of the *Oris* as of any of the other, beaten in fine power: In piece of coupon wool wetted in *Rose* water, and put to it a good quantity of *Rose* and *Ambrogio* made into powder, and wring it out with some *Cine* dissolved in *Rose* water, lay the *Cotton* in double paper, and dry it over a chaffin dish of coales: Lastly take halfe a handfull of *Clove*, and as much *Cinnamon* bruised, not much beaten, mix all these together, and put them up in your Bagge.

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*A very good Poultice for any Member swelled and inflamed, and not broken, to take away the paine.*

Take three pints of new milk, of stale Manchester crums two handfulls, or so much as shall make the milk somewhat thick, and there-to put two handfulls of dryed red Rose leaves, and three ounces of Oyle of Rose, boyle all these together to the thicknesse of a Poultice, then let it stand and coole, and while it is coole take a spoonfull of Oyle of Rose, and with a warm hand rub the place grieved, till the Oyle be dryed in, and then lay the Poultice as warm as you may endure it, to the part inflamed; doe this morning and evening for three or four dayes, as you shall see cause.

*To make a sweet Cake, and with it a very sweet water.*

Take Damask Rose leaves, Bay leaves, Lavinder tops, Sweet Marjorome tops, *lilas* powder, Damask powder, and a little Musk first dissolved in sweet water, put the Rose leaves and hearbs into a Basen, and sprinkle a quarter of a pint of Rose water among them, and stirring them all together, cover the Basen close with a dish, and let them stand so covered, all night, in the morning Distill them, so shall you have at once an excellent sweet water, and a very fine sweet Cake to lay among your sweet linnen.

*Oyle of Roses.*

Take Sallet Oyle and put it into an earthen pot, then take Rose leaves, clip off all the white, and bruise them a little, and put them into the Oyle, and then stop the top close with a ball, and let it into a boyling pot of water, and let it boyle one hour, then let it stand all one night upon hot embers, the next day take the Oyle, and straine it from the Rose leaves, into a glasse, and put therein some fresh Rose leaves, clip as before, stop it, and set it in the Sun every day for a fortnight or three weeks.

*Syrup of Roses.*

Take Damask Roses, clip off the white of them, and take six ounces of them to every pint of faire water, first well boyled and scummed, let them stand as above said, twelve hours, as you doe in the Syrup of violets, wringing out the Roses and putting in new eight times, then wringing out the last put in onely the juice of four ounces of Roses, so make it up as before, if you will put in

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Rubarb,

*Rubarb*, take to every two drams, slice it, string it on a thred, hang it within the pot after the first blifting, and let it infuse within your *Roses*: Some use to boyle the *Rubarb* in the Syrupe, but it is dangerous, the Syrupe purgeth *Choller* and *Melancholly*.

### *A Conserve of Roses.*

Take red *Rose* buds, clip off all the white, bruised, and withered from them, then weigh them out, and taking to every pound of *Roses* three pound of *Sugar*, stamp the *Roses* by themselves very small, putting a little juice of *Lemmons* or *Rose-water* to them as they wax dry, when you see the *Roses* small enough, put the *Sugar* to them, and beat them together till they be well mingled, then put it up in Gally pots or glasses; in like manner are the *Conserve*s of *Wallowes*, of *Violets*, *Cornelisse*, *Marigolds*, *Sage*, and *Sea boife* made.

### *To Preserve Roses or any other Flowers.*

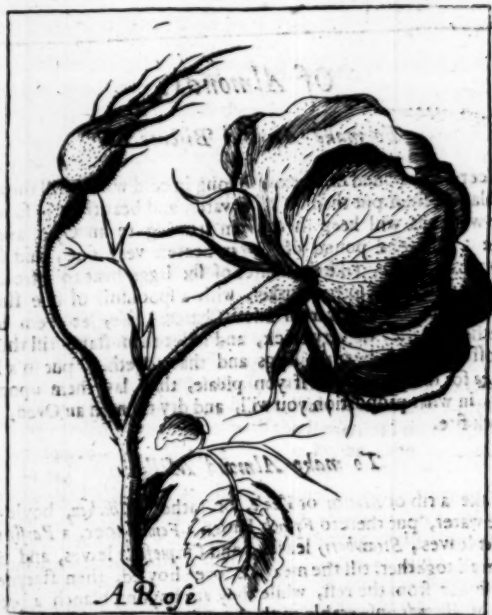
Take one pound of *Roses*, three pound of *Sugar*, one pint of *Rose-water*, or more, make your Syrupe first, and let it stand till it be cold, then take your *Rose* leaves, having first clipt off all the white, put them into the cold Syrupe, then cover them, and set them on a soft fire, that they may but simmer for two or three hours, then while they are hot put them into pots or glasses for your use.

### *How to Preserve Barbaries.*

First take these faire *Barbaries*, and of them the greatest bunches you can get, and with a needle take out the stones on the one side of them, then weigh out to every halfe pound of them one pound of *Sugar*, put them into a Preserving pan, strow the *Sugar* on them, and let them boyle a quartor of an hour softly, then taking out the *Barbaries* let the Syrupe boyle a quartor of an hour more, then put in the *Barbaries* againe, and let them boyle a pretty while with the Syrupe, then take them from the Syrupe, and let them both stand till they be cold, and so put them up.

### *To keep Barbaries to garnish your Meat.*

Take the worst of them, and boyle them in faire water, and straine the liquor from them, and while the liquor is hot put it into your *Barbaries*, being clean picked, and stop them up, and if they mould.



should much, wash them thoroughly in the liquor, then boyle the liquor againe, and strayne it, let it coole, then put it to your *Barbaries* againe,

#### *Conserve of Barbaries.*

Take your *Barbaries*, pick them clean in faire branches, and wash them clean, and dry them on a cloath, then take some other *Barbaries*, and boyle them in *Clarret-wine* till they be very soft, then straine them, and rub them so well through the strainer, that you may know the substance of them, and boyle up this matter thus strained out, till it be very sweet, and somewhat thick, then setting it by till it be cold, and then put in your branches of *Barbaries* into gally pots, or glasses, and fill it up with the cold Syrupe, and so shall you have both Syrupe, and also *Barbaries*, to use at your pleasure,

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of



## Of Almonds.

### To make Almond Biscate.

Steepe one pound of *Almonds* so long in cold water, till they will blanch, then put them in *Rose-water*, and beat them in so much *Rose-water* as will keep them from growing to an Oyle, and no more; take one pound of *Sugar* beaten very fine, and sifted through a *Searce*, take the whites of six Eggs beat to a froth, as you use to doe for other Bisket, with a spoonfull of fine flower, set the *Almonds* and *Sugar* on a soft Charcoal fire, let them boyle together till they be very thick, and so let them stand till they be almost cold, then beat the Eggs and that together, put in a little *Musk* for the better taste. If you please, then lay them upon papers in what proportion you will, and dry them in an Oven, with a slack fire.

### To make Almond Milke.

Take a rib of *Mutton* or *Veale*, or rather a *Chicken*, boyle it in faire water, put thereto *French Barley*, a *Fennell* root, a *Parfly* root, *Violet* leaves, *Strawberry* leaves, and *Cinquesfele* leaves, and boyle them all together, till the meat be over boyled, then strayne out the liquor from the rest, while they are boyling blanch a proportion of *Almonds* answerable to the liquor, beat them well in a clean stone Morter, and then grind them therein with *Rose-water* and *Sugar*, and when they are well ground put in all your liquor by little and little, and grind with them till they be all well Compounded, and then strayne it into a faire glasse, and use it at your pleasure.

### An approved Medicine for the running of the Reines.

Make *Almond milke* of *Plum* wares, or else boyle *Plum* in the liquor whereof you make your *Almond milke*, take a quart of it, and put thereto three spoonfulls of *Leinsie* farine, and three spoonfulls of *Cinnamon* water, take of this six in the morning, a good draught, two hours before dinner another, the four of the clock in the afternoon, a third, and two hours after supper a fourth; and twice or thrice between meals, eat a spoonfull of Conserve



Conserve of Red *Roses* at a time.

*Oyle of Almonds.*

Take *Almonds*, blanch them, and put them into a pot, and set that pot in another pot of water that boyleth, and the steam of the seething pot will arise and enter into the pot with the *Almonds*, and that will become Oyle when they are stamped and wringed through a cloath. Thus they make Oyle of the kernels of *Filberts*, *Walnuts*, &c.

*A Barley Cream to procure sleep, or Almond Milke.*

Take a good handfull of French *Barley*, wash it clean in warme water, and boyle it in a quart of fayre water to the halfe, then put out the water from the *Barley*, and put the *Barley* into a pottell of new clean water, with a *Parsley*, and a *Fennell* root, clean washed, and picked with *Bourage*, *Buglos*, *Violet* leaves, and *Letitice*, of each one handfull, boyle them with the *Barley*, till more then halfe be consumed, then strayne out the liquor, and take of blanchd *Almonds* a handfull, of the seeds of *Melons*, *Cucumbers*, *Citrall*, and *Gourds*, husked, of each halfe a quarter of an ounce, beat these seeds, and the *Almonds* together, in a stone mortar, with so much *Sugar*, and *Rose* water as is fit, and strayne them through a cleane cloath into the liquor, and drinke thereof at night going to bed, and in the night, if this doth not sufficiently provoke sleep, then make some more of the same liquor, and boyle in the same the heads, or a little of white *Poppy*.

*An Oynment to kill the Worms in little Children.*

For stomach Wormes, anoynt the stomach with Oyle of *Wormwood*, and the belly with Oyle of sweet *Almonds*, for belly Wormes take oyle of *Wormwood*, Oyle of *Savine*, and the Powder of *Aloe Cicatrina*, finely beaten, anoynt the belly therewith, morning and evening. You must not use *Savine* in Medicines for Mayden Children, but in stead of Oyle of *Savine*, take as much of an Oxes Gall.

*To make the best white Puddings.*

Take a pound of *Almonds*, blanch them, stamp them, putting in a little Milk sometime to them in the stamping, then put to them three handfulls of fine Flower, or as much grated bread first baked

in

In an Oven, six Eggs well beaten, a good deale of marrow cut in little pieces, season them with *Nutmeg* and *Suger*, three spoonfulls of *Rose-water*, and a little *Salt*; temper them all together, with as much *Cream* as will serve to wet or mingle them; and so fill them up.

### *An Almond Caudle.*

Blanch *Jordan Almonds*, beat them with a little small Ale, and strayne them out with as much more Ale as you minde to make your Caudle of, then boyle it as you doe an Egg Caudle, with a little Mace in it, and when it is off the fire sweeten it with *Sugar*.

### *To make fine white Leach of Almonds.*

Take halfe a pound of small Almonds, beat them, and strayne them with *Rose-water*, and sweet milk from the Cow, and put into it two or three pieces of large Mace, one graine of Musk, two ounces of *Isinglasse*, and so boyle it in a Chafin-dish of coales, a quarter of an hour, till it will stand, which you shall try thus; set a saucer in a little cold water, so that none come into it, and put a spoonfull of the Leach into it, and if you see that stand, take the other off the fire, then you may slice it in what fashion you please.

### *To make Almond Butter.*

Blanch one pound of *Almonds*, or more, or lesse, as you please, lay them four hours in cold water, then stamp them with some *Rose-water*, as fine as you can, put them in a cloath, and presse out as much milk as you can; then if you thinke they be not enough, beat them, and straine them againe, till you get as much milk of them, as you can; then set it on the fire, till they be ready to boyle, putting in a good quantity of *Salt* and *Rose-water*, to turne it after one boyling, being turned, take it off, cast it abroad upon a linnen cloath, being holden between two, then with a spoon take off the Whey under the cloath, so long as any will drop or run, then take so much of the finest *Sugar* you can get, as will sweeten it, and melt it in as much *Rose-water* as will serve to dissolve it, put thereto so much *Saffron* in fine powder, as will colour it, and so steeping the *Saffron* and *Sugar* in *Rose-water*, season your Butter therewith, when you make it up.

To



*To make Almond Cakes.*

Take of Jordan Almonds, one pound, beat them as you doe for Almond milk, draw them through a strainer, with the yolks of two or three Eggs, season it well with Sugar, and make it into a thick Batter, with fine flower, as you doe for Bisket bread, then powre it on small Trencher plates, and bake them in an Oven, or baking pan, and these are the best Almond Cakes.

*To make Paske of Almonds.*

Take one pound of small Almonds, blanch them out of hot water into cold, then dry them with a cloath, and beat them in a stone.

stone Morter, till they come to Past, putting now and then a spoonfull of Rose water to them, to keep them from Oyling, when they are beaten to fine past, take halfe a pound of *Sugar* finely beaten and searsed, put it to your past, and beat it till it will twilt between your fingers and thumb, finely without knots, for then it is enough, then make thereof Pyes, Birds, Fruits, Flowers, or any pretty things, printed with Molds, and so gild them, and put them into your Stove, and use them at your pleasure.

*To make a Marchpine.*

Take a pound of small Almonds, blanch them, and beat them, as you doe your past of Almonds, then drive it into a sheet of past, and spread it on a botome of wafers, according to the proportion, or bignesse you please, then set an edge round about it, as you doe, about a Tart, and pinch it if you will, then bake it in a pan, or Oven, when it is enough, take it forth, and Ice it with an Ice made of Rose-water and Sugar, as thick as batter, spread it on with a brush of bristles, or with feathers, and put it in the Oven againe, and when you see the Ice rise white and dry, take it forth, and stick long comfits in it, and set up a staddard in the midst of it, o gild it, and serve it.

*To make White-Broth with Almonds.*

First look that the Meat be clean washed, and then set it on the fire, and when it boyleth, scum it clean, and put some salt into the pot, then take *Rosemary*, *Time*, *Hyssop*, and *Marjerome*, bind them together, and put them into the pot, then take a dish of sweet Butter, and put it also into the pot amongst the meat, and take whole Mase, and bind them in a cloath, and put them into the pot, with a quantity of Verjuice, and after that take such a quantity of Almonds as shall serve turne, blanch them, and beat them in the Morter, and then straine them with the broth, when your Meat is in, and when these Almonds are strained put them in a pot by themselves with some *Sugar*, a little *Ginger*, and also a little Rose-water, then stir it while it boyle, and after that take some sliced *Oranges* without the kernels, and boyle them with the broth of the pot, upon a chaffin dish of coales, with a little Sugar, and then have some Sippets ready in a platter, and serve the meat upon them, and put your Almonds in till it be ready to be served.



### Of Straw-Berries.

#### A Tare of Straw-Berries

Pick and wash your Straw-Berries clean, and put them in the  
 past, one by another, as thick as you can, then take Sugar, Ci-  
 namon, and a little Ginger finely beaten, and well mingled toge-  
 ther, cast them upon the Straw-Berries, and cover them with the  
 lid finely cut into Lozenges, and so let them bake a quarter of  
 an houre, then take it out, strewing it with a little Cinamon, and  
 Sugar, and so serve it.

## Of Hartichoakes.

### *How to make a Hartichoake Pye.*

**B**Oyle your Hartichoakes, take off all the leaves, pull out all the strings, leaving only the bottoms then season them with Cinnamon, and Sugar, laying between every Hartichoake a good piece of Butter, and when you put your pye into the Oven, stick the Hartichoakes with slices of dates, and put a quarter of a pint of White-wine into the Pye, and when you take it out of the Oven, doe the like againe with some butter, and sugar, and Rose water, melting the butter upon some coales, before you put it into the Pye.

### *To keep Hartichoakes for all the yeare.*

The fittest time is about Michaelmas, and then according to the proportion of Hartichoakes you will keep, seeth a quantity of water in a pot or pan, seasoning it so with white salt that it may have a reasonable tast, then put a fit quantity of white salt into the water, and boyle them together, and scum them well; then put a good quantity of good Vineger to them to make the liquor somewhat sharp, and boyle it againe, then parboyle your Hartichoakes that you mind to keep, in another liquor, take them out of it, and let them coole then set your first liquor againe, on the fire to boyle, and scumming it thoroughly, let it coole againe, when it is thoroughly cold, put it up in some firkin or large earthen pot, and put in your Hartichoakes to them handsomely, for bruising them then cover them close from the aire, and so keep them to spend at your pleasure.

### *To Preserve Hartichoakes.*

Heat water scalding hot first, then put in your Hartichokes and scald them, and take away all the bottomes, and leaves about them, then take Rose water and Sugar and boyle them alone a little while, then put the Hartichoakes therein and let them boyle on a soft fire till they be tender enough, let them be covered all the time they boyle, then take them out and put them up for your use.

*To make a maid dish of Hartchoakes.*

Take your Hartchoakes and pare away all the top, even to the meat, and boyle them in sweet Broth till they be somewhat tender then take them out, and put them in a dish, and seeth them with Pepper, Cinamon, and Ginger, then put them in the dish you meane to bake them in, and put in marrow to them good store, and so let them bake, & when they be baked, put in a little Vineger and Butter, and stick three or four leaves of the Hartchoaks in the dish when you serve them up, and scrape Sugar upon the dish.

O F  
M E D I C I N E S.

*An Excellent Medicine or Salve for an Ache  
coming of cold, safe to be made by any  
Countrey Housewife.*

Take of good neates foot Oyle, Honey, and new Wax, like quantiries boyle them all well together, then put to them a quarter so much of Aqua vitæ as was of the each other, and then setting it on the fire, boyle it till it be well incorporated together, then spread it upon a piece of thin leather, or thick linnen cloath, and so apply it to the place pained.

*To take the Ague out of any place.*

Take Vervine and Black Hemlocke, of each an handfull, boyle them in a pint of fresh Butter till they be soft, and begin to parch againe, then straine the Butter from the hearbs, and put it into a gally pot, and two or three times annoint the place grieved with a spoonfull or two thereof, *Probat.*

*For the Ague in Children, or Women with Child.*

Take Venice Turpentine, spread it on the rough side of a piece of thin Leather, two fingers breadth, & strew thereon the powder of Frankincense finely beaten, and upon it some Nutmeg grated, bind  
this

this upon the wrists an hour before the fit come, and renew it  
till till the Ache gone.

*To strengthen the Back weaker or discead.*

Take the skin of an Oxes back, wash it in Wine or Ale and  
beating it very small straine it through a course cloath and make a  
Caudle of it, with Mulkadine, or strong Ale, boyling therein a few  
Dates sliced, and the stones taken out, and drink it first and last as  
warm as you can, walking well, but temperately after it, Toasted  
Dates often are very good for the same.

*For a Paine or Ache in the Back.*

Take Nepe, Archangel, Parsley, and Clarie, of each halfe a hand-  
full, wash them cleane, and cut them small and then fry them with  
a little sweet Butter, then take the yolks of three or four Eggs,  
beat them well together, and put them to the Hearbs fry them all  
together and eat them fasting every morning with some Sugar, to  
take away the unprofitable of the Hearbs, some use to take only  
Clary leaves, and Parsly washed, eat eat, or Clary leaves alone, and  
powring the yolks of the Eggs upon them, to fry them, and eat  
them.

*For a suddain Bleeding at the Nose.*

Burne an Egg shell in the fire till it be black as a coale, then  
beate it to fine powder, and let the party snuffe it up into his  
Nostrills.

*A Medicine for Burning or Scalding.*

Take Maden wort, stamp it, and seeth it in fresh Butter, and  
therewith anoynt the place grieved presently.

*For the Canker in Womens Breasts.*

Take Goose dung, and Celedonic, stamp them well together  
and lay it plaister wise to the soare, it will cleanse the Canker, kill  
the wormes, and heale the sore.



*For the Canker in the mouth.*

Take the juice of Plantaine, Vineger, and Rose water, of each a like quantiry, mingle them together, and wash the mouth often with them.

*To make a Tooth fall out of its self.*

Take wheat flower and mix it with Milk of an Heerb called Spurge, make thereof a past, and fill the hole of the tooth therewith, and leave it there, changing it every two houres, and the Tooth will fall out.

*To take away the cause of the paine in the Teeth.*

Wash the mouth two or three times together in the morning every month, with white wine where in the root of Spurge hath been sodden, and you shall never have paine in your Teeth.

*For a Consumption.*

Take Ash keyes so soone as they look withered, set them in an oven, the bread being drawne, in a pewter, or rather an earthen dish, and being so dried pull off the out side, and reserving the inner part, of the seed, or keyes, beat them to fine powder, and either mix it with good English honey, and so eat of it first and last, morning and evening, a pretty deale of it at once upon the point of a knife, or else drink of the powder in some Ale or thin broth. Mares milk, or Asses milk, which is best, being drunk warme morning and evening, is the most soveraigne Medicine for it.

*An excellent Medicine for the Cough of the Lungs.*

Take Fennell and Angelica of each one handfull, the leaves in Summer, roots in Winter, sliced figgs twelve, but if the body be bound, twenty at least; green Licorice if you can, two or three good sticks scraped and sliced, Anniseed cleaved and brused, two good spoonfulls, two or three Parsley roots scraped, and the fifth taken out, and twenty leaves of Foale foot, boyle all these in three pints of Hyssop water, to a pint and a half, then strain it out into a glasse, putting to it as much white Sugarcandy as will make it sweet, drink hereof, being warmed, five spoonfulls at a time first in the morning, and last in the evening, taking heed that you eat nor drink any thing two houres before nor after.

## *Of Violets.*

### *The use of Oyle of Violets.*

**O**yle of Violets, Cammomile, Lillies, Elder flowers, Cowslips, Rue, Wormwood, and Mint, are made after the same sort. Oyle of Violets, if it be rubbed about the temples of the head, doth remove the extreame heate; asswageth the heade Ache, provoketh sleep, and moistneth the braine; it is good against melancolly, dullnesse, and heaviness of the spirits, and against swellings, and soares that be over hot.

### *The Syrupe of Violets.*

Take faire water, boyle it, scum it, and to every ounce of it so boyed and scummed, take six ounces of the blew of Violets only shift them as before, nine times, and the last time take nine ounces of Violets, let them stand between times of shifting, 12 houres, keeping the liquor still on hot embers, that it may be milk warm and no warmer; after the first shifting you must stamp and straine your last nine ounces of Violets and put in only the juice of them then take to every pint of this liquor thus prepared, one pound of Sugar finely beaten, boyle it and keepe it with stirring till the Sugar be all melted, which if you can, let be done before it boyes, and then boyle it up with a quick fire. This doth coole and open it a burning Ague, being dissolved in Almond milk, and taken; especially it is good for any inflammation in Children; the Conserve are of the same effect.

### *The use of Conserve of Violets and Constips.*

That of Cowslips doth marvelously strengthen the Braine, preserveth against madnesse, against decay of memory, stoppeth Head ache, and most infirmities thereof, for Violets it hath the same use the Syrupe hath.

To



Violets

*To make Paste of Violets, or any kind of Flowers.*

Take your Flowers, pick them, and stamp them in an Alabaster mortar, then steep them two howes in a sauler of Rose water, after strain it, and steep a little Gum Dragon in the same water; then beat it to past, print it in your Moulds, and it will be of the very colour, and tast of the Flowers, then gild them and so you may have every Flower in his owne colour, and tast better for the mouth, then any printed colour.

*Powder of Violets.*

Take sweet Ireos roots one ounce, red Roses two ounces, Storax one ounce and a half, Cloves two drams, Marjerom one dram, Lavinder flowers one dram and a halfe, make these into powder; then

then take eight grains of fine Muske powdered, also put to it two ounces of Rose water, stir them together, and put all the rest to them, and stir them halfe an houre, till the water be dried, then set it by one day, and dry it by the fire halfe an houre, and when it is dry put it up into baggs.

*A good Plaister for the strangury.*

Take Violets, and Hollyhokes, and Mercury, the leaves of these Herbs, or the seeds of them, also the rind of the Elderne tree, and seeth them in water, till halfe be consumed, and put thereto a little oyle Olive, and make thereof a plaister, and lay it to the soare and reines; also in the summer thou must make him a drink on this manner, take Saxifrage, and the leaves of Elderne, five leaved grasse, and seath them in a pottell of stale Ale, till the halfe be wasted, then straine it, and keep it clean, and let the sick drink thereof first and last, and if you lack these hearbs because of winter, then take the roots of five leaved grasse, and dry them and make thereof a powder, then take Oyster shells and burne them, make powder also of them, and mingling them together, let the sick use thereof in his portage, and drink, and it will help him.

*A Medicine for sore blood stotten, and Rhuematisk eyes.*

Take ground Ivy, Daises, and Celedony, of each a like quantity stamp and straine out the juice out of them, and put to it a little browne Sugar Candy dissolved in white Rose water, and drop two or three drops of this liquor in one day into the grinded eye with a feather, lying upon the back when you doe it an hour after, this is a most approved Medicine to take away all Inflammations, Spots, webbs, Itches, Smartings, or any grieffe whatsoever in the eye.

*A Glistre to open and loosen the Body being burnt,  
which may safely be administred to any*

*with or without.*

Take Mallowses and Mercury unwashed, each two handfulls. halfe a handfull of Barly clean rubbed and washed, boyle them in

a pottle of running water to a quart, then strayne out the water, and put it in askillet, and put to it three spoonfulls of Salter Oyle, and two spoonfulls of Honey, and a little salt; then make it luke warme, and so minister it.

*To cleanse the head, and take the Ache away.*

Chew the root of Pellitory of Spaine, often in the mouth.

*A Medicine that hath healed old Sores upon the legs, that have run so long that the bones have been seen.*

Take a quantity of good sweet Cream, and as much brimstone beaten in fine powder, as will make it thick like Piste, then take so much butter as will make it into the form of Oyntment, and herewith annoynt the place grieved, twice a day.

*An Oyntment for a Rupture.*

Take of Sanicle two handfulls, of Adders tongue, Doves foot, and Shepheards purse, of each as much, of Limaria one handfull, chop them somewhat small, and boyle them in Deers sweat, untill the Herbs doe crumble and wax dry.

*A Barley water to purge the lungs and lights of all diseases.*

Take halfe a pound of faire Barley, a gallon of running water, Licorice halfe an ounce, Fennel seed, Violet leaves, Pailley seed, of each one quarter of an ounce, red Roses as much, Hysop and Sage dried, a good quantity of either, Harts tongue twelve leaves, a quarter of a pound of Figges, and as many raisins, fill the Figges and Raisins, put them all into a new earthen pot, with the water cold, let them steeth well, and then straine the clearest from it, drink of this a good quantity, morning and afternoone, observing good diet upon it, it taketh away all Agues that come of heat, and all ill heat; it purgeth the Lights, Spleene, Kidneys, and Bladder.

*To Cure the diseases of the Mother.*

Take six or seven drops of the spirit of Castoreum in the beginning

ning of the fit, in two or three spoonfulls of posset *Alc*, applying a Plaster of *Gauum* to the Navill.

*To kill Warts, an approved Medicine.*

Take a *Radish* root, scrape off the outside of it, and rub it all over with salt, then set it thus dressed upright in a saucer, or some other small dish, that you may save the liquor that runneth from it, and therewith annoynt your warts three or four times in a day, the oftner the better, and in five or six dayes they will consume away, *Sape probatum.*

*For the Piles.*

Set a Chafin-dish of coals under a close stool chaire, or in a close stiole case, and strew *Amber* beaten in fine powder, upon the coales, and sit down over it, that the smoke may ascend up into the place grieved.

*A Medicine for the Piles.*

Take a little *Urpine*, *Hackdagger*, and *Elecampane*, stamp them all together with *Beares* grease, into the forme of an Oyntment, and lay them to the place grieved.

*A Diet for the Patient that hath Ulcers or Wounds that will hardly be Cured with Oyntments, Salves, or Plaisters.*

Take one pound of *Gusum*, boyle it in three pottles of *Alc*, with a soft fire, to the consuming of two parts, but if it be where you may have wild Whay, or cheefe Whay, they are better. Let the Patient drinke of this morning and evening, halfe a pint at a time, and let him sweat after it two hours. His drinke at his Meals must be thus used, put into the same vessell where the former was made, to the *Gusum* that is left, three pottles of *Alc*, and nor Whey, let it boyle to the one halfe, let him drinke thereof at all times, and at his meale, which must be but one in a day, and that so little, that he may rise hungry. Thus he must doe for five days together, but he must first be purged.



*Cowslips*

*Of Cowslips.*

*Oyle of Cowslips.*

**O**yle of Cowslips, if the nape of the neck be anointed with it, is good for the pallsie, it comforteth the sinews, the heart, and the head.

*The use of the Oyle of wormwood, and Oyle of Mint.*

Oyle of Wormwood is good for strains and bruises, and to comfort the stomach; it is made of the green Herbs, as are the Oyle

of Cammonile, Rue, and Mint, are made.

Oyle of Mint comforteth the stomach, overlayed or weakened with Casting, it doth drive back, or dry up Womens breasts, and doth keep them from being soare, being therewith anoynted

### *Syrup of Cowslips.*

Instead of running water you must take distilled water of Cowslips, put thereto your Cowslip flowers clean picked, and the green knobs in the bottom cut off, and therewith boyle up a Syrupe, as in the Syrupe of Roses is shewed; it is good against the Frensic, comforting and staying the head in all hot Agues, &c. It is good against the pallsie, and procures a sick patient to sleep; it must be taken in Almond milk, or some other warm thing.

### *To keep Cowslips for Salates.*

Take a quart of white wine vinegar, and halfe a quarter of a pound of fine beaten sugar, and mix them together, then take your Cowslips, pull them out of the podds, and cut off the green knobs at the lower end, put them into the pot or glasse wherein you mind to keep them, and well shaking the Vinegar and Sugar together in the glasse wherein they were before, powre it upon the Cowslips, and so stirring them morning and evening to make them settle for three weeks, keep them for your use.

### *To Conserve Cowslips.*

Gather your flowers in the midst of the day when all the dew is off, then cut off all the white leaving none but the yellow blossome so picked and cut, before they wither, weigh out ten ounces, taking to every ten ounces of them, or greater proportion, if you please, eight ounces of the best refined Sugar, in fine powder put the sugar into a pan, and candy it with as little water as you can, then taking it off the fire, put in your flowers by little and little, never ceasing to stir them, till they be dry, and enough; then put them into glasses or galls pots, and keep them dry for your use. These are rather Canded then Conserved Cowslips.

### *To preserve all kind of flowers in the Spanish Candy in wedges.*

Take Violets, Cowslips, or any other kind of flowers, pick them,



them, and temper them with the pap of two roasted apples, and a drop or two of Verjuice, and a graine of Muske, then take halfe a pound of fine hard sugar, boyl it two the height of *Manus Christi*, then mix them together, and poure it on a wet Pye plate, then cut it in Wedges before it be through cold, gild it, and so you may box it, and keep it all the year. It is a fine sort of banquetting stuffe, and newly used, your *Manus Christi* and boyle a good while, and be kept with good stirring.

*A Medicine to break and heale sore breasts  
of Women, used by Mid-wives, and  
other skilfull Women in  
London.*

Boyle Oatmeale, of the smallest you can get, and red sage together, in running or Conduict water till it be thicke enough to make a plaister. and then put into it a fit proportion of Honey, and let it boyle a little together, take it off the fire, and while it is yet boiling hot, put thereto so much of the best Venice Terpentine as will make it thicke enough to spread, then spreading it on some soft leather, or a good thick linnen cloath, apply it to the breast, and it will first break the soare, and after that being continued, will also heale it up.

*A Medicine to break and heale sore breasts  
the Dropsie, whom the Physitian  
hath given over.*

Take green broome and borne it in some cleane place, that you may save the ashes of it, take some ten or twelve spoonfulls of the same ashes, and boyle them in a pint of White wine till the vertue of it be in the wine, then coole it, and drayne the wine from the dreggs, and take three draughts of the Wine, and drink one fasting in the morning, another at three in the afternoone, another last at night neere going to bed. Continue this, and by Gods grace it will cure you.

*An especiall Medicine for all manner of poyson.*

Take Hempseed, dry it very well, and get off the husks, and beat the hemp seed into fine powder, take Mints also, dry them, and

And make them into powder, boyle a spoonfull of either of these in halfe a pint of Goats milk, a pretty while, then put the milk into a cup to coole, and put into it a spoonfull of *Treacle*, and stir them together till it be cool enough, then drinking it in the morning fasting, and eat nothing till noon, or at least two hours; doe the like at night, and use it so three dayes, and it will kill and overcome any poyson.

*Doſſor Lewin's Unguentum Roſatum, good  
for the heat in the back.*

Take a certaine quantity of Barrowes greaſe, Oyle of ſweet Almonds, and Roſe water, either red or damask, of each a like quantity, but of neither ſo much as of the Hoggs greaſe, beat them together to an Oynment, put it in ſome gally pot, and when you would use it, heat it, and therewith annoynt the Back and Reins.

*Of Beans.*

*To defend Humours.*

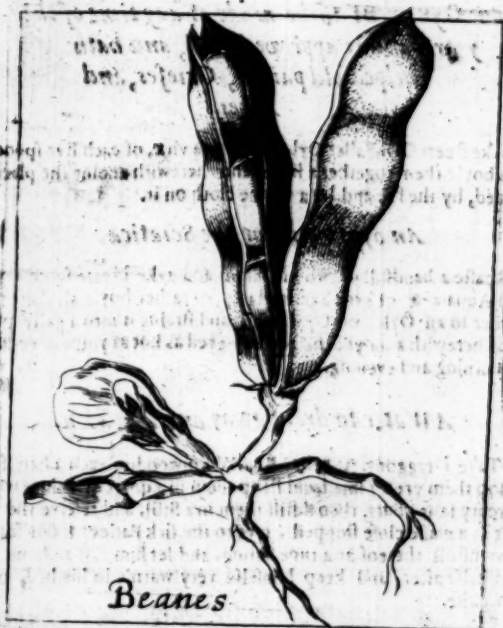
**T**AKE Beans, the rind or the upper skin being pul'd off, bruise them, and mingle them with the white of an Egg, and make it stick to the temples, it keepeth back humours flowing to the Eyes.

*To diſſolve the Stone, which is one of the Phy-  
ſicians greateſt ſecrets.*

Take a peck of green Bean cods, well cleaved, and withon dew or rain, and two good handfulls of Saxifrage, lay the ſame in a Still, one row of Bean cods, another of Saxifrage, and ſo diſtill another quart of water after this manner, and then diſtill an other proportion of Bean cods alone, and use to drink of theſe two waters; if the Patient be moſt troubled with heat of the Reins, then it is good to use the Bean cod water ſtill'd alone more often, and the other upon coming down of the ſharp gravel or ſtone.

*Unguentum Sanativum.*

Take of Terpentine one pound, Wax ſix ounces, Oyle of Camomile



while halfe a pint, put all these together in a pan, and put to them a handfull of Camomile, bruised, or cut very small, boyle them upon a soft fire till they be well melted, and no more; then take it from the fire, and straine it into a clean pan, and so let it coole all night, and in the morning put it up for your use. This Oyntment is good for any cut, wound; or breaking of the flesh, it cutteth away dead flesh, and rankling, and doth heale againe quickly

*A Serecloth for all Aches.*

Take Rosin one pound, Petroffen a quarter of a pound, as Mastick and Deer sewer the like, Turpentin two ounces, Cloves bruised, one ounce, Mace bruised, two ounces, Saffron two drams, boyle all these together in Oyle of Camomile, and keep it for your use.

AA

*An Oyntment to be made, at any time of the  
yeare, and is approved good, and hath  
helped old paines, Griefes, and  
Aches.*

Take Steers Gall, Sallet Oyle, and Aqua vira, of each five spoon-  
fulls boyle them together a little, and therewith anoint the place,  
pained, by the fire and lay a warme cloth on it.

*An oyntment for the Sciatica.*

Roaste a handfull or two of Onions, and take Neate foote Oyle  
and Aqua vira. of each a pint, stamp, or rather boyle all these to-  
gether to an Oyle, or Oyntment, and straine it into a gally por,  
and therewith anoint the place grieved as hot as you can endure  
it morning and evening.

*A Water to drive away any Infection.*

Take Draggons, Angelica, Rue, Wormwood, of each a handfull,  
chop them pretty small, and steep them in a quart of White wine,  
twenty four hours, then distill them in a Still, and reserve the wa-  
ter in a glasse close stopped : give to the sick Patient six or seaven  
spoonfulls thereof at a time fasting, and let him fast an hour and  
an halfe after, and keep himselfe very warme in his bed, or o-  
therwise.

*An excellent Conseruation for the stomach,  
helping digestion, warming the braine,  
and drying the Rheumes.*

Take two ounces of good old Conserve of red Roses, of chosen  
Methridae two diams, mingle them well together, and eat there-  
of to bed ward, the quantity of a hazell nut ; this doth expell all  
windinesse of the stomach, expelleth raw humours and venomous  
vapours, causeth good digestion, dryeth the Rheume, strength-  
neth the memory and sight.

*An Ointment for any Wound or Sore.*

Take two pound of Sheeps suet, or rather Deers suet, a pint of Candy Oyle, a quarter of a pound of the newest and best Bees wax melt them together, stirring them well and, put to them one ounce of the Oyle of Spike, and halfe an ounce of the Goldsmiths Boras, then heating them againe, and stirring them all together, put it up in a gally pot, and keep it close stopped till you have cause to use it; this is an approved Oyntment to cure any wounds or sores new or old.

*An excellent Oyntment for any Bruise or Ache.*

Take two pound of May Butter purified, powre it out from the dregs, and put to it of Broome flowers and Elder flowers of each a good handfull, so clean picked that you use nothing but the leaves, mix them all together in a stone pot, and boyle them seaven or eight howres in a kettell of water, being covered with a board, and kept down with weights, keeping the kettle alwayes full of water, with the help of another kettle of boyling water ready to fill up the first as it wasteth, and when it waxeth somewhat coole, but not cold, straine the Oyntment from the Hearbs, into a gally pot, and keep it for your use.

*A Plaister for a Bile or Pussh.*

Take a yolk of an Egg, and halfe a spoonefull of English Honey mix them together with fine wheat flower, and making it to a Plaister, apply it warme to the place grieved.

*An approved good drink for the Pestilence.*

Take six spoonfulls of Dragon water, two good spoonfulls of Wine-Vineger, two penny weights of English Saffron, and as much Treacle Gene, as a little Walnut, dissolve all these together upon the fire, and let the Patient drink it blood warm, within twenty houres or sooner that he is sick, and let him neither eat nor drink six houres after, but lye so warm in his bed, that he may sweat, this expelleth the Disease from the heart, and if he be disposed to a sore it will streightwayes appeare, which you shall draw out with a Plaister of *Flas Unguentum*.

*For the Rheume in the Gums or Teeth.*

Boyle Rosemary in faire water, with some ten or twelve Cloves shut, and when it is boyled take as much Clarret wine as there is water left, and mingle with it, and make it boyle but a litle againe, then strayne it into some glasse; and wash the mouth therewith morning and evening; this will take away the Rheume in short time; and if you boyle a litle Mastick therewith, it is the better.

*For the Emroids.*

Take Egremony and bruise it small, and then fry it with Shep suet, and Honey, of each a like quantity, and lay it as hot as you can suffer it to the fundament, and it will heal very faire and well

*An approved Medicine for the Dropsie.*

Take the Herb called Bitter sweet, it grows in waters and bears a purple flower, slice the stalks, and boyle a pretty deal of them in White wine, drinke thereof first and last, morning and evening and it will cure the Dropsie.

*A Powder for Wounds.*

Take Orpiment, and Verdigreese of each an ounce, of Virriall burned till it be red, two ounces, beat each of them by it selfe in a brazen Morter, as small as flower, then mingle them all together, that they appear all as one and keep it in bagges of leather well bound, for it will last seaven years with the same vertue, and it is called Powder peerlesse, it hath no peer for working it Chyrurgery, for put of this powder in a wound where is dead flesh, and lay scrapt linc about it, and a Plainer of Disklosures next upon it and it will heal it.

*An approved Medicine for the Green Sicknesse.*

Take a quart of Clarret wine, one pound of Currants, and a handfull of young Rosemary crops, and halfe an ounce of Mace, seeth these to a pint and let the Patient drinke thereof three spoonfulls at a time, morning and evening, and eat some of the Currants also after.

A Me-

*A Medicine for a Pleurisie, Stitch, or Wind, offend-  
ing in any part of the body.*

Gather the young shutes of Oake, after the fall of a Wood, and picking out the tendrest and softest of them, especially those which look reddest, bind them up together in a wet paper, and rost them in hot embers as you doe a Warden, whereby they will dry to powder, of which powder let the Patient take a spoonfull in a little Posset Ale, or Beere warmed, in the morning, fasting after it two houres, or more, if he be able, doing the like about 3 after noon, and two hours after supper, four or five dayes together, which thus done in the beginning of the Disease, is by often experiments found to cure such windy paines in the side, stomach, or other parts of the body; you may dry them also in a dish, in an Oven after the bread is drawn, you shall doe well to gather enough of them in the Spring, and make good store of the powder then to keep for all the yeare following.

*An approved Medicine for the Gout in the feet.*

Take an Oxes paunch new killed, and warm out of the belly, about the latter end of May, or beginning of June, make two holes therein, and put in your feet, and lay store of warme cloaths about it, to keep it warme so long as can be. Use this three or four dayes together, for three or weeks or a moneth, whether you have the fit or paine of the Gout, at that time or no, so you have it at any time before. This hath cured divers persons, that they have never been troubled with it againe.

*For one that cannot make Water:*

Take the white strings of Filmy roots, of Primroses, wash them very clean, and boyle of them halfe a Haudfull, in a pint of Beer or White wine, till halfe be consumed, then straine it through a clean cloath, and drink thereof a quarter of a pin, somewhat warme, morning and evening, for three dayes, it will purge away all viscous or obstructions stopping the passage of the water, *probatum*.

*To kill the Ring-worm, and beat thereof.*

Take a quart of White wine vinegar, boile therein of Woodbine leaves, Sage, and Plaintaine of each one handfull, of white Coperas one pound, of Allum as much as an Egge; when it is boyled to halfe

halfe a pint, straine out the liquor, and therewith wash the soare as hard as you can suffer it.

*To make a Water for all Wounds and Cankers.*

Take a handfull of red Sage leaves, a handfull of Selaudine, as much Woodbine leaves, then take a gallon of Conduict water, and put the hearbs in it, and let them boyle to a pottle, and then straining the Hearbs through a strainer, take the liquor and set it over the fire againe, and take a pint of English Honey, a good handfull of Roch Allum, as much of white Copperas tinne beaten a penny worth of Graines bruised, and let them boyle all together three or four warme, and then let the scum be taken off with a feather and when it is cold put it in an earthen pot or bottell, so as it may be kept close; and for an old Wound take of the thinnest, and for a green Wound of the thickest, and having dressed them with this Water, cover the soare either with Veale, or Mutton, and skin it with Dok leaves.

*For a Swelling that cometh suddenly in mans Limbs.*

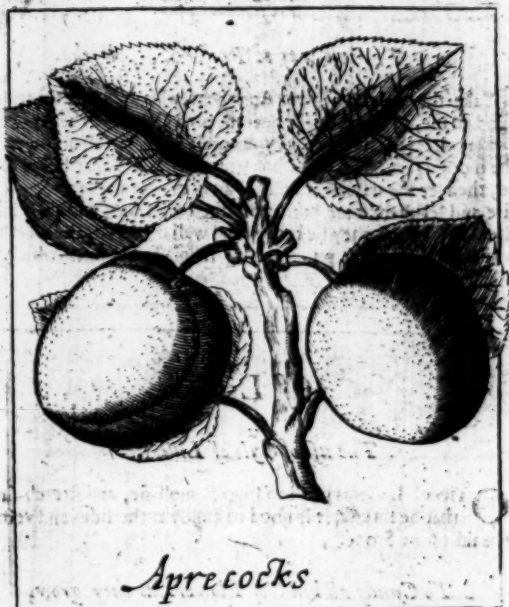
Take Harts tongue, Cherfoyl, and cut them small, and then take dreggs of Ale and Wheat Branne, and Sheeps tallow molten and doe all in a pot, and seeth them till they be thick, and then make a Plaister, and lay it to the swelling.

*Of Apricocks.*

*To dry Apricocks.*

TAke them when they be ripe, stone them, and pare off their rindes very thin then take halfe as much Sugar as they weigh finely beaten and lay them with that Sugar into a silver or earthen dish laying first a lay. of Sugar and then of Fruit, and let them stand so all night and in the morning the Sugar will be all melted then put them into a Skillet and boyle them apace, scumming them well and as soone as they grow tender take them off from the fire, and let them stand two dayes in the Syrupe, then take them  
our,



*Apricocks*

out, and lay them on a fine plate, and so dry them in a Stove.

*Clear Cakes of Quinces, or Apricocks.*

Take of the best Sugar finely beaten and searced, one pound, to a pound of Quinces, or Apricocks, set your Sugar upon a chafin dish of coales and dry it above halfe an houre, then cooling it, stir in to it a little Musk and Ambergreece finely beaten, and powdered, then pare your Quinces and boyle them in faire water whole, till they be tender, and not covering them, for so they will be white; then take them, and scrape off all the Quince to the coare, into a silver dish, and boyle it therein till it grow dry, which you shall perceive by the rising of it up, when it is thus well dyled take it off, let it coole, and strew on the Sugar letting some other to strew it, till it be all thoroughly wrought in, then lay it out on glasses, plates, or prints of Flowers, or letters, an inch thick, or lesse as you please.

*The*

*The best way to Preserve Apricocks.*

Take the weight of your Apricocks, what quantity soever you mind to use, in Sugar finely beaten, pare and stone the Apricocks and lay them in the Sugar, in your preserving pan all night, and in the morning set them upon hot embers till the Sugar be all melted, then let them stand, and scald an hour, then take them off the fire, and let them stand in that Syrupe two dayes, and then boyle them softly till they be tender and well coloured, and after that when they are cold put them up in glasses or pots, which you please.

*Of Lillies.**The use of Oyle of Lillies.*

**O**yle of Lillies is good to supple, mollifie, and stretch sinews that be shrunk, it is good to annoynt the sides and veins in the fits of the Stone.

*To Candy all kind of Flowers as they grow,  
with their stalks on.*

Take the Flowers, and cut the stalk somewhat short, then take one pound of the whitest and hardest Sugar you can get, put to it eight spoonfulls of Rose water, and boyle it till it will roule betwene your fingers and your thumb, then take it from the fire, coole it with a stick, and as it waxeth cold, dip in all your Flowers, and taking them out againe suddenly, lay them one by one on the bottome of a Sive; then turne a joynd stoole with the feete upwards set the sive on the feete thereof, cover it with a faire linnen cloth, and set a chafin dish of coales in the midst of the stoole underneath the sive, and the heat thereof will run up, to the sive, and dry your Candy presently; then box them up, and they will keep all the year, and look very pleasantly.

*To make the Rock Candies upon all Spices,  
Flowers and Roots.*

Take two pound of Barbary Sugar, Clarifie it with a pint of water, and the whites of two Eggs, then boyle it in a pisset to the height of *Manus Christi*, then put it into an earthen Pipkin, and therewith the things that you will Candy, as Cinamon, Ginger, Nutmegs, Rose buds, Marigolds, Eringo roots, &c. cover it, and stop it close with Clay or paste, then put it into a Still with a leasurely fire under it, for the space of three dayes and three nights, then open the pot, and if the Candy begin to come, keep it unstopped for the space of three or four dayes more, and then leaving the Syrupe, take out the Candy, lay it on a Wyer grate, and put it in an Oven after the bread is drawne, and there let it remaine one night, and your Candy will dry. This is the best way for rock Candy, making for small quantity.

*The Candy Sucker for Green Ginger, Lettice,  
Flowers.*

Whatsoever you have Preserved, either Herbs, Fruits, or Flowers, take them out of the Syrupe, and wash them in warme water, and dry them well, then boyle the Sugar to the height of Candy, for Flowers, and draw them through it, then lay them on the bottom of a Sieve, dry them before the fire, and when they are enough, box them for your use. This is that the Comfet makers use and call Sucker Candy.

*Of Grapes.*

*Syrupa Gresta, or a Syrupe of Unripe Grapes.*

Take a good basket full of unripe Grapes, set them three dayes in a vessel after they be gathered, stamp them, and straine out the juice out of them, take thereof six quarts, boyle it with a soft fire till the third part be consumed, then four quarts will remain, let that run through a woollen bagge, and stand till it be clear

clear in it selfe, then take of the clearest of it, seven pints, put hereto five pound of Clarified Sagar, boylethem together to the thicknesse of a Syrupe, and keep it in a glasse; it is good for a perbreaking stomach, proceeding of Choller, and for a swelling stomach, it taketh away thirst and drynesse, and chollerick Agues it is of great comfort to the stomach of Women being with child, it is a preservative against all manner of Venome, and against the Pestilence.

## OF PURGES.

*A Parge to drive out the French Pox, before you use the Ointment.*

Take halie a pint of good *Aqua vita*, one ounce of Treacle of Gene, one quarter of an ounce of *Spermaceti*, boyle all these together on a soft fire, halie a quarter of an hour, and let the Patient drink this as warme as he can, and lye downe in his bed, and sweat, and if any of the Disease be in his body, this will bring it forth, and bring him to an easie loosnesse; this is thought the best and surest of all other Cures for this infirmity.

*The Ointment for the French Pox.*

Take Barrows grease well tryed from the filmes, beat it in a Morter till it be smal and fine, put thereto of Lethargy one ounce of Mastick in fine powder, two ounces, of Olibanum in powder, one ounce, of Oile of Spike one ounce, Oyle of Paliolum one ounce, of Terpentine one quarter of a pound, beat all these together into a perfect Oyatment, and therewith annoynt these places.

*What place to annoynt for the French Pox.*

The principall bone in the Nape of the Neck without the shoulder places, taking heed it come not neer the channell bone, for then it will make the throat swell, els not, the elbowes on both

both sides, the hip bones, the share, the knees, the hammes, and the ankles; if the Patient have no Ache, annoynt not these places, but only the fore till they be whole; if there be any knobs lying in the flesh, as many have, annoynt them often, and lay lint upon them, and brown pennywort the lye, and keep the Patient close out of the aire, and this used will make him whole in ten dayes by the grace of God.

### *For a pain in the ears, or deafnesse.*

Take a hot loafe, of the bignesse of a Bakers peny loafe, and pull or cut it in two in the middelt, and lay the middle of the crummy side to the middelt, or to the hole of the ear, or ears, pained, as hot as they may be endured, and so bind them fast together on all tighr, and then if you find any pain in either or both ears, or any noyse, put into the pained ear or ears, a drop of *Aqua vitæ*, in each, and then againe binding more hot bread to them, walk a little while, and after goe to bed, this done three or four dayes together, hath taken away the paine, heasing noyse in the ears, and much eased the deafnesse, and dullnesse of and in many.

## *Of Marigolds.*

### *A very good Plaster to heale and dry up a*

#### *Sore or Cut suddenly.*

Take of Marigold leaves, Parret blades, or leaves, and Houllick, of all two handfuls, beat them all very small in a Morter, and put to them the whites of two new layed Eggs, and beat them very well till they be thoroughly incorporated with the Eggs, and apply this till you be well, renew it every day.

### *The Use of Conserve of Marigolds.*

Conserve of Marigolds taken fasting in the morning, is good for Melancholy, cureth the trembling and shaking of the heart, is good to be used against the Plague, and Corruption of the Aire.

*Of Cherries.**A way to dry Cherries.*

Take three quarters of a pound of Sugar, and a pound of Cherries, thin slice and steepe taken from them then put a spoonfull of cleane water in the Skillet, and so lay a lay of Cherries and another of Sugar, till your quantity be out, then set them on the fire, and braise them as fast as conveniently you can, now and then shaking them about the Skillet, for feare of burning, and when you thinke they are enough, and cleane, then take them off the fire, and let them stand till they be halfe cold, then take them out as cleane from the Sympre as you can, and lay them one by one upon sheets of glasse, setting them either abroad in the sunne, or in a window, where the sunne may occasionally be upon them. If they dry not so fast as you would have them, then in the turning scrape some loose Sugar finely upon them, but add no greater heat then the sunne will afford, which will be sufficient if they be well tended, and let no dew fall on them by any means, but in the evening set them in some warm Cupboard.

*How to Preserve Cherries.*

Take the Cherries when they be new gathered off the Tree, being full ripe, put them to the bottome of the preserving pan, weighing to every pound of Cherries one pound of sugar, then throw some of the sugar upon the Cherries, and set them on a very quick fire, and as they boyle, throw on the rest of the sugar, till the Sympre be thick enough, then take them out, and put them in a gally pot while they are warme; you may if you will, put two or three spoonfulls of Rose water to them.

*To make all manner of Fruit Tarts.*

You must boyle your Fruit whether it be Apple, Cherry, Peach, Rubbin, Pearre, Mulberry, or Cowling in faire water, and when they be boyled enough, put them into a bowle and bruisse them with a ladle, and when they be cold straine them, and put in red wine, or Claret;



Clarret wine, and so season it with Sugar, cinnamon, and ginger.

*To make a close Tart of Cherries.*

Take out the stones, and lay them as whole as you can in a Charger, and put Mustard, Cinnamon, and Sugar upon them, and lay them into a Tart whole and close them, then let them stand three quarters of an hour in the Oven, and then make a Syrup of Muskadine, and Damask water, and Sugar, and so serve it.

*To make fine Pippin Tarts.*

Quarter, pare, core, and stew your Pippins in a Pipkin, upon very hot embers, close covered, a whole day, for they must stew



softly, then put to them some whole Cinamon six Cloves and sugar enough to make them sweet, and some Rose water and when they are stewed enough, take them off the fire, and take all the Spice from them and break them small like Marmalade, and having your Cessins ready made, not above an inch deep, fill them with it, and lay on a very thin cover of pisse past, close and fit, so bake them serve them in cold, but you must take heed you doe not over-bake them.

### *To make a Tart of Butter and Eggs.*

Take the yolks of fixteene Eggs well parted from the whites, three quarters of a pound of Butter well Clarified, and straine it twice or thrice in a faire strainer, seasoned with sugar and a little Rose water, wherein Spinage first a little boyled, hath been strained, to make it green; be sure your paste be well made, and whole and so bake it up and serve it.

### *Of Goose-Berries.*

#### *To keep Goose-Berries.*

Take a handfull or two of the worser of your Goose-Berries, cut off their stalks and heads, and boyle them all to pieces in a portell of water, putting into the boyling therof, halfe a quarter of sugar, then take the liquor, straine it through a haire strainer, and while it cooleth cut off the stalks and heads of the fairest Goose-Berries, being very careful you cut not the skin of them above or below; put them into a gally-pot, and pour the liquor in after them.

Purflaine must be used as you doe the Goose-Berries.

*The best way to Preserve Goose-Berries.*  
Cut off the stalks and heads, and stone them, then put them in scalding water, and let them stand therein covered a quarter of an hour, then take their weight in sugar, finely beaten and laying first a lay of sugar, then one of your Goose-Berries, in your Preserving Skillet or pan, till all be in, putting in

For every pound of Goose Berries six spoonfulls of water, set them on the embers till the sugar be melted, then boyle them up as fast as you can, till the Syrupe be thick enough, and cold, and then put them up. This way serves also for Repasses and Mulberries.

### *Of Plums.*

#### *The best way to dry Plums.*

Take your Plums when they are full growne, with the stalks on them, but yet green; split them on the one side, and put them in hot water, but not too hot, and so let them stand three or four hours, then to a spoonfull of them, take three quarters of a pound of sugar beaten very fine, and eight spoonfulls of water to every pound, and set them on hot embers till the sugar be melted, and after that boyle them till they be very tender, letting them stand in that Syrupe three dayes to plump them, then take them out, wash the Syrupe from them with warm water, & wipe them with a fine linnen cloath, very dry, and lay them on plates and set them to dry in a Stove, for if you dry them in an Oven, they will be tough.

#### *To Preserve Damsons.*

Take Damsons before they be full ripe, but new gathered off the Tree, allow to every pound of them a pound of sugar, put a little Rose water to them, and set them in the bottome of your pan, one by one, boyle them with a soft fire, and as they teeth strew your sugar upon them, and let them boyle till the Syrupe be thick enough, then while the Syrupe is yet warme take the Plums out, and put them in a gally pot, Syrupe and all.

#### *To Preserve Bullasles, as green as grasse.*

Take your Bullasles, as new gathered as you can, wipe them with a cloath, and prick them with a knife and quaddle them in two waters close covered, then take a pound of Clarified sugar and a pint of Apple water, boyle them well together (keeping them well scummed) unto a Syrupe, and when your Bullasles are well

Well drip from the water, put them into the Syrupe, and warm them three or four times at the least, at the last warming take them up, and let them dropping from the Syrupe, and boyle the Syrupe a little by it selfe, till it come to a jelly, and then between hot and cold put them up to keep for all the year.

### *To Preserve Parsies, Pare-Plums, Plums.*

First take two pound and a halfe of fine sugar, and beat it small and put it into a pretty brasie pot, with twenty spoonfulls of Rose-Water, and when it boyleth skim it clean, then take it off the fire and let it stand while it is almost cold, then take two pound of Pare-plums, and wipe them upon a faire cloath, and put them into your Syrupe when it is almost cold, and so set them upon the fire againe, and let them boyle as softly as you can, for when they are boyled enough, the kernels will be yellow, then take them up, but let your Syrupe boyle till it be thick; then put your Plums upon the fire againe, and let them boyle a walme or two, so take them from the fire, and let them stand in the vessell all night, and in the morning put them into your pot or glasse, and cover them close.

### *Of Medlers.*

#### *To Preserve Medlers.*

Take the fairest Medlers you can get, but let them not be too ripe, then set on faire water on the fire, and when it boyleth put in your Medlers, and let them boyle till they be somewhat soft, then while they are hot pill them, cut off their crowns, and take out their stones, then take to every pound of Medlers, three quarters of a pound of sugar, and a quarter of a pint of Rosewater, seeth your Syrupe, skimming it clean, then put in your Medlers one by one, the stalks downward, when your Syrupe is somewhat coole then set them on the fire againe, let them boyle softly till the Syrupe be enough, then put in a few Cloves and a little Cinamon, and so putting them up in pots reserve them for your use.



Medlers

*To make a Tare of Medlers.*

Take Medlers that be rotten, and stamp them, and set them up-  
on a chafin dish with coales, and beat in two yolks of Eggs, boy-  
ling till it be somewhat thick, then season it with Sugar, Cinamon,  
and Ginger and lay it in paste.

*Of Cucumbers.**How to keep Cucumbers.*

Take a kettle big enough for your use, full of water, make  
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it brackish with salt, boyle therein ten or twenty Cucumbers, cut in halves, then take the raw Cucumbers, being somewhat little, and put them into the vessell wherein you will keep them, and when your liquor is cold straine so much of it into them, as may keep the Cucumbers alwayes covered.

*To keep boyled Cucumbers.*

Take a kettle of water, put salt to it, boyle it well, then take your raw Cucumbers, put them into it, and keep them with turning up and down very softly, till they be as it were per boyled, then take them out, and lay them aside till they be cold, then put them up in the vessell you will keep them in, and when the liquor is cold, straine it into them, till they be all covered.

*To Pickle Cucumbers to keep all the yeare.*

Take a good quantity of the rindes of Cucumbers, and boyle them in a quart of running water, and a pint of wine Vinger, with a handfull of salt, till they be soft, then letting them stand till the liquor be quite cold pour out the liquor from the rinds, into some little barrell, earthen pot, or other vessell, that may be close stopp'd, and put as many of the youngest Cucumbers you can gather, therein, as the liquor will cover, and so keep them close covered, that no wind come to them, to use all the year till they have new; if your Cucumbers be great, tis best to boyle them in the liquor till they be soft.



**Of Cookery.**

*To make Snow.*

Take a quart of thick Creame, and five or six whites of Eggs, a sauser full of sugar finely beaten, and as much Rose water, beat them all together, and always as it fisseth take it out with a spoon, then

then take a loaf of Bread, cut away the crust, set it in a platter, and a great Rosemary bush in the middell of it, then lay your Snow with a spoon upon the Rosemary, and so serve it.

### *To make Spiced Bread.*

Take two pound of Manchet paste, sweet Butter halfe a pound, Currants halfe a pound, sugar a quarter, and a little Mace if you will put in any, and make it in a loafe, and bake it in an Oven, no hotter then for Manchet.

### *To make Craknels.*

Take five or six pints of the finest Wheat flower you can get to which you must put in a spoonfull (and not above ) of good Test, then mingle it well with Buter, cream, Rose water, and sugar finely beaten, and working it well into paste, make it after what forme you will, and bake it.

### *To make Veal-tooth's, or Olives.*

Take the kidney of a line of Veale roasted, with a good deale of the fat, and a little of the flesh, mingle it very small, and put to it two Eggs, one nutmeg finely grated, a good quantity of sugar, a few Currants, a little salt, stir them well together, and make them into the form of little Pasties, and fry them in a pan winh sweet Butter.

### *To make a Barley Creame to procure sleepe, or Almond Milke.*

Take a good handfull of French Barley, wash it clean in warme water, and boyle it in a quart of fayre water to the halfe, then put out the water from the Barley, and put the Barley into a pottell of new clean water, with a Parsley, and a Fennell root, clean washed, and picked with Bourage, Buglos, Vidua leaves, and Lettice, of each one handfull, boyle them with the Barley, till more then halfe be consumed; then strayne out the liquor, and take of blanched Almonds a handfull, of the seeds of Melons, Cucumbers, Citrall, and Gourds, husked, of each halfe a quarter of an ounce, beat these seeds, and the Almonds together, in a stone mortar, with so much

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Sugar,

*Sugar, and Rose water as is fit, and strayne them through a cleane cloath into the liquor, and drinke thereof at night going to bed, and in the night, if this doth not sufficiently provoke sleep, then make some more of the same liquor, and boyle in the same the heads, or a little of white Poppy.*

*To pickle Oysters.*

Take a peck of the greatest Oysters, open them, and put the liquor that comes from them saved by it selfe, to as much White-wine, and boyle it with a pound of Pepper bruised, two or three spoonfulls of large Mace, and a handfull of salt, till the liquor begin to waste away, then put in your Oysters, and plump them, and take them off the fire till they be cold, and so put them up in little barrels very close.

*To make very fine Sausages.*

Take four pound and a halfe of Pork, chop it small, and put to it three pound of Beefe sewed, and chop them small together, then put to them a handfull of Sage, finely shred, one ounce of Pepper, one ounce of Mace, two ounces of Cloves, a good deal of salt, eight Eggs very well beaten before you put them in, then work them well with your hand, till they be thoroughly mingled, and then fill them up. Some like not the Eggs in them, it is not amiss therefore to leave them out.

*To cast all kind of Sugar worke into Moulds.*

Take one pound of Barbary Sugar, Clarifie it with the white of an Egg, boyle it till it will roule between your finger and your thumb, then cast it into your standing moulds, being watered two hours before in cold water, take it out and gild them to garnish a marchpine with them at your pleasure.

*To make all kind of turned works in fruitage,  
bollow.*

Take the strongest bodied Sugar you can get, boyle it to the height of *Mamus Grissi*, take your stone, or rather pewter moulds being made in three pieces, tye the two great pieces together with Inkle, then poure in your Sugar being highly boyled, turne  
it



it round about your head apace, and so your fruitage will be hold  
ow, whether it be Orange, or Lemmon, or whatsoever your mould  
doth cast, after they be cast you must colour them after their natu-  
rall colours.

*To make a Sallet of all kind of Hearbs.*

Take your Hearbs and pick them very fine in faire water, and  
pick your Flowers by themselves, and wash them clean, then  
swing them in a strainer, and when you put them into a dish ming-  
le them with Cucumbers or Lemons pared and sliced, also scrape  
sugar, and put in Vineger and Oyle, then spread the Flowers on  
the top of the sallet, and with every sort of the aforesaid things  
garnish the dish about, then take Eggs boyled hard, and lay about  
the dish and upon the Sallet.

*To make Fritter stuffe.*

Take fine flower, and three or four Eggs, and put into the flow-  
er, and a piece of Butter, and let them boyle all together in a  
dish or chaffer, and put in sugar, cinamon, ginger, and rose water,  
and in the boyling put in a little grated Bread, to make it big,  
then put it into a dish, and beat it well together, and so put it  
into your mould, and fry it with clarified Butter, but your Butter  
may not be too hot, nor too cold.

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FINIS.

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